



City of Nashua,  
Division of Public Works  
Mayor Jim Donchess

## 2017 KARATE CLINIC

MONDAY EVENINGS  
JULY 10<sup>TH</sup> - AUGUST 7<sup>TH</sup>

AGES 5 - ADULT  
\$90/PERSON



**\*Online registrations are now available\***  
Please visit <http://nashua.recdesk.com> to pay  
online with credit card for all camps and  
programs.

## WHERE TO OBTAIN PARKS & REC. INFORMATION



### Nashua Park and Recreation

Information about Parks & Recreation events  
and clinics being held throughout the summer  
will be available at the following locations:

- Jeannotte's Market
- Bright Spot
- City Clerk's Office
- Nashua Public Library
- Public Schools
- Private Schools
- The Parks & Recreation Department

The Parks and Recreation Department can  
also be reached via the City of Nashua's  
website at [www.gonashua.com](http://www.gonashua.com).

Questions or concerns can be directed to:

**Kellie Oberholtzer, Program Coordinator**  
[oberholtzerk@nashuanh.gov](mailto:oberholtzerk@nashuanh.gov)

### **Nondiscrimination Policy**

*The City of Nashua does not discriminate against any  
individual or group with respect to religion, color,  
national origin, sex, or handicap for the use of its  
parks and recreation facilities or any other programs.*

### 2017 NASHUA SUMMER KARATE REGISTRATION FORM

Child's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ (At Camp Date)

Address \_\_\_\_\_ Home # \_\_\_\_\_ Emergency # \_\_\_\_\_

Medical Problems \_\_\_\_\_ Email Address \_\_\_\_\_

**TUITION NOT REFUNDABLE AFTER ONE WEEK PRIOR TO START OF CAMP** Cost: \$90 Per Person Session(s) \_\_\_\_\_

(must check box) I have read, agree to and completely understand the Release and Waiver of Liability online at [www.gonashua.com](http://www.gonashua.com).

☐ I understand that the City of Nashua and those associated with the camp program will be absolved of all injuries or accidents incurred in  
this program. In the event of injury or accident, the staff has my permission to provide necessary medical care.

Parent/Guardian \_\_\_\_\_ / \_\_\_\_\_ Date: \_\_\_\_\_  
(Sign Here) (Print Here)

Mail Check and Application to: Parks-Recreation Department, 100 Concord Street, Nashua, NH 03064-1729.

**Make Checks Payable to: City of Nashua**

## CLINIC DIRECTOR

Luis Guzman

Karate Instructor  
At Nesta's Kenpo Karate and Jiu Jitsu  
&  
Helix Martial Arts

Teaches group & private classes from  
beginner to advanced (white to black  
belts)

## PROGRAM DESCRIPTIONS

Kenpo Karate and Jiu Jitsu Class, Luis  
Guzman, Instructor

Discover your inner warrior. Learn  
Kenpo Karate and Jiu Jitsu—a freestyle,  
adaptive form of martial art that combines  
classical forms with practical techniques.  
You will learn how to respond to  
different situations.

In this exciting and interactive class, you  
will get a cardio workout, develop focus  
and concentration, and feel strong and  
confident.

Basic hand strikes, kicks, blocks,  
takedowns and throws, and more will be  
covered. The class will end with breathing  
techniques to calm, refocus, and sharpen  
the mind and body. No prior experience  
required.

## GENERAL INFORMATION

### Session 1 Monday Evenings

July 10, 17, 24, 31, Aug. 7  
Ages 5-8 and Ages 9-12  
5:30 PM - 6:30 PM \$90

### Session 2 Monday Evenings

July 10, 17, 24, 31, Aug. 7  
Ages 13– Adult  
6:30 PM - 7:30 PM \$90

Program will be cancelled if minimum of 3  
campers are not reached. Max. for each session  
is 50 campers.

## EQUIPMENT

- Uniforms NOT needed
- Wear Athletic clothing
- Long pants (preferred)
  - Sneakers
  - Tee shirt
- Optional: protective cup  
\*\*controlled contact



## CHECK ALL THAT APPLY

Session 1 Ages 5-12

☐ Monday nights  
July 10, 17, 24, 31, Aug. 7  
5:30 PM - 6:30 PM \$90

Session 2 Ages 13– Adult

☐ Monday nights  
July 10, 17, 24, 31, Aug. 7  
6:30 PM - 7:30 PM \$90



## SUMMERFUN PROGRAM

The City of Nashua, Division of Public Works/  
Parks & Recreation Department hosts a  
number of events throughout the course of  
the summer months. These events include  
concerts, live shows, movies and  
entertainment. These events are all FREE to  
the public. Calendars can be picked up at the  
following locations: Parks & Recreation  
Department at Greeley Park, Jeanottes, Bright  
Spot, City Clerks office at City Hall, Nashua  
Public Library and at Triangle Credit Union.  
Events are also listed in the Nashua Telegraph  
weekly during the summer season.